

East Amwell Township School
Ringoes, NJ 08551

CALENDAR REMINDER

NOVEMBER 2009

SCHOOL CLOSED

Thursday and Friday, November 5th and 6th
NJEA Convention

Wednesday and Thursday, November 18th and 19th
Parent-Teacher Conferences

1:20 PM EARLY DISMISSAL

Wednesday, November 25, 2009

SCHOOL CLOSED

Thursday and Friday, November 26th and 27th
Thanksgiving Recess

Edward Stoloski
Superintendent

SYMPTOM	COLD	SWINE FLU	SEASONAL FLU
FEVER	Fever is rare with a cold.	Fever is usually present with H1N1 in up to 80% of all flue cases. A temperature of 101°	Fever is common with the seasonal flu.
COUGHING	A hacking, productive (mucus-producing) cough is often present with a cold.	A non-productive (non-mucus producing) cough is usually present with H1N1 (sometimes referred to as dry cough).	A dry and hacking cough is often present with the seasonal flu.
ACHES	Slight body aches and pains can be part of a cold.	Severe aches and pains are common with H1N1.	Moderate body aches are common with the seasonal flu.
STUFFY NOSE	Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.	Stuffy nose is not commonly present with H1N1.	A runny nose is commonly present with the seasonal flu.
CHILLS	Chills are uncommon with a cold.	60% of people who have H1N1 experience chills .	Chills are mild to moderate with the seasonal flu.
TIREDDNESS	Tiredness is fairly mild with a cold.	Tiredness is moderate to severe with H1N1.	Tiredness is moderate and more likely referred to as a loss of energy with the seasonal flu.
SNEEZING	Sneezing is commonly present with a cold	Sneezing is not common with H1N1.	Sneezing is common present with the seasonal flu.
SUDDEN SYMPTOMS	Cold symptoms tend to develop over a few days .	H1N1 has a rapid onset within 3-6 hours. H1N1 hits hard and includes sudden symptoms like high fever, aches and pains. Symptoms usually last 4-7 days, depending on the individual. Diarrhea is common.	Symptoms tend to develop over a few days and include flushed face, loss of appetite, dizziness and/or vomiting/nausea. Symptoms usually last 4-7 days depending on the individual. Diarrhea is common.
HEADACHE	A headache is fairly uncommon with a cold.	A headache is very common with H1N1 and present in 80% of cases.	A headache is fairly common with the seasonal flu.
SORE THROAT	Sore throat is commonly present with a cold.	Sore throat is not commonly present with H1N1.	Sore throat is commonly present with the seasonal flu.
CHEST DISCOMFORT	Chest discomfort is mild to moderate with a cold.	Chest discomfort is often severe with H1N1.	Chest discomfort is moderate with the seasonal flu. <i>If it turns severe seek medical attention immediately</i>

PREVENTION TIPS:

✓ cough & sneeze into your elbow